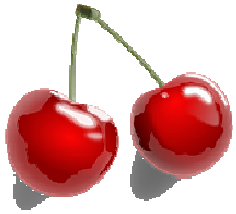

Eat with Attention

When we eat with attention, we tend to eat slower, breathe properly and eat less. This allows the Leptin- response time to filter through to the brain to register when we have had enough. It also cools the adrenalin and cortisol stress response that accompanies rushed, on the hoof, meals.

1. Arrange food to look appealing. A smaller, beautifully arranged plate of food looks more attractive than a heap of messy rice and stew. Restaurants artfully arrange the plate to enhance the meal and the experience.
2. Put less on your plate than you think you will need. You can always have more if you still feel hungry but if it is there we tend to eat it.
3. Use special crockery and crystal glasses.
4. Sit down to eat. Always. Make eating the activity of that moment. Give eating your full attention. You are feeding your body and a peaceful experience will do the meal justice. Don't eat in front of the TV or computer, or out the pot standing in the kitchen. We are blessed to have the food and it deserves our full attention.
5. Take a few deep breaths before tucking in. A brief moment of thanks allows our digestive juices to begin secreting as you smell the aroma of the food.
6. Eat a rainbow. Colorful foods hold the anti oxidants we need for health, plus they look attractive. Arrange a plate bursting with an array of colors.

a. Red: Red apples, beetroot, red cabbage, red onion, cherries, cranberries, pink grapefruit, red grapes, red peppers, pomegranates, red potatoes, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon
b. White: Garlic, cauliflower, white onions, white asparagus.
c. Orange: Apricots, butternut squash, cantaloupe, carrots, mangoes, nectarines, oranges, papayas, peaches, persimmons, pumpkin, tangerines, sweet peppers, chili
d. Yellow/green: Green apples, lettuce, kale, artichokes , asparagus, avocados, green beans, broccoli, Brussels sprouts, green cabbage, cucumbers, green grapes, honeydew melon, kiwi, lettuce, lemons, limes, green onions, peas, green pepper, spinach, zucchini
e. Blue-Purple: Purple kale, purple cabbage, purple potatoes, eggplant, purple grapes, blueberries, blackberries, boysenberries, raisins, figs, plums

7. Share the meal with others. Arrange a health lunch with an office colleague. Take turns to bring the lunch. Bring a small tablecloth and pretty serviettes. Eat slowly and socialize.
8. Try and experience all the flavors at a meal. Salty, sweet, bitter, pungent. The range will help you feel satisfied sooner. Plus different flavors reflect different flavinoids in the food and thus different anti oxidant benefits.
9. Chew thoroughly. This starts the release of necessary digestive enzymes for proper digestion and assimilation of food.
10. Drink lightly or not at all during the meal so as not to dilute your digestive enzymes.